



TAKING CARE DURING COVID-19



RESOURCES FOR PHYSICAL ACTIVITY AND HEALTHY EATING

PHYSICAL ACTIVITY

MOVE MORE, SIT LESS

Tips for simple ways to stay active while spending more time at home.

<https://www.ksre.k-state.edu/news/stories/2020/03/stay-active-while-at-home.html>

RECREATIONAL SERVICES

Find Your Fit

Rec Services' fitness blog shares information about fitness, mental wellbeing, and sample workouts.

<http://blogs.k-state.edu/fit/>

Zoom Fitness Classes

Join Rec Services Monday, Wednesday, and Friday for virtual Group Fitness classes. Access a schedule and Zoom links on the Recreational Services homepage.

<https://recservices.k-state.edu>

HEALTHY EATING

K-State Research and Extension provides resources for meal planning and healthy eating.

Food safety and COVID-19

<https://www.ksre.k-state.edu/foodsafety/topics/covid19.html>

Cooking several meals at once saves time and money

<https://www.ksre.k-state.edu/news/stories/2020/03/cook-once-eat-for-a-month.html>

Plan meals before shopping during a quarantine

<https://www.ksre.k-state.edu/news/stories/2020/03/shopping-for-a-quarantine.html>

Healthy cooking styles

<https://bookstore.ksre.ksu.edu/pubs/MF3350.pdf>

Positive ways to deal with emotional eating

<https://www.ksre.k-state.edu/news/stories/2020/04/positive-ways-to-deal-with-emotional-eating.html>